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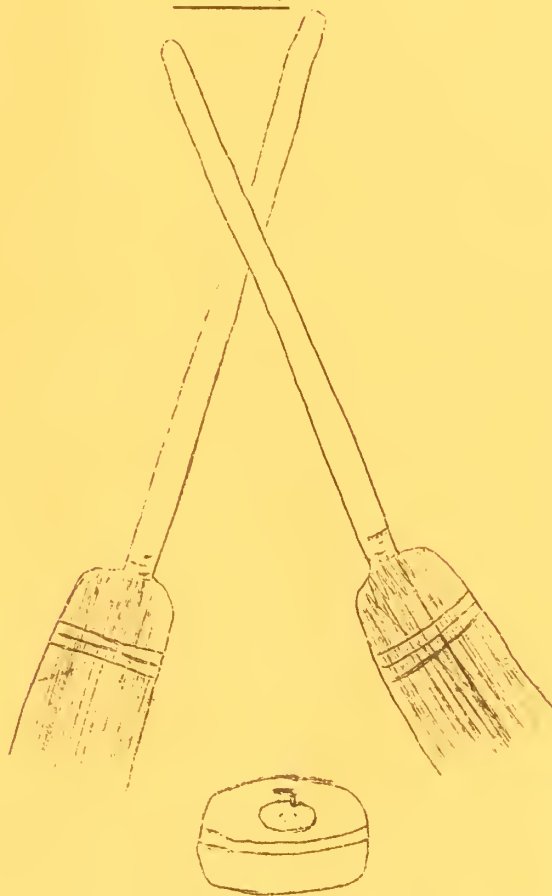
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A C K N O W L E D G E M E N T

This outline for Curling has been prepared under the supervision of the Junior - Senior High School Subcommittee on Physical Education with the special assistance of S.C. Kashuba, Bonnie Doon Composite High School, Edmonton.

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CURLING

The History

Many people have attempted to trace the history of the popular game known as curling, but rather unfortunately, no two authorities seem to agree as to its origin. Many authorities on curling believe that a game very similar to the game of curling as we know it today first started in Sweden some five or six hundred years ago. But then, who is to say that some other country had not played a similar game years prior to these times? We suddenly find that with its mounting popularity, many countries want to lay claim to its inception and subsequent development. No doubt we must give much credit for the initial development to Holland and Scotland, the two countries where the climatic conditions have been a real inducement to curling.

Unfortunately, unlike many other sports, curling has not been historically documented. It appears to have grown and gained in popularity, as do many of our other sports, through a process of continuity and dissemination from one generation to the next.

Curling Popularized in Scotland

Although the origin of curling appears to be lost in antiquity, we do know that Scotland has popularized the sport, proposed an initial code of ethics, and is credited with the introduction of a granite curling stone. We must also give credit to Scots who have immigrated to Canada and organized curling as a family sport. Since then, curling has developed into the sport we know today. Canada now has hundreds of curling rinks with several thousand curling clubs giving over five hundred thousand curlers from coast to coast a common bond.

Canadian History

History tells us that the game of curling was first introduced into Canada about one hundred and fifty years ago in the city of Montreal. From Montreal the game quickly spread to all areas of Canada. However, membership was quite small and enjoyed only by the select few who could afford the time and the money for this type of entertainment

and competition. The sport was costly for until just a few years ago each curler either owned his own curling stones or borrowed a set from a friend or neighbour. We can readily see the problems involved in the type of set-up. No two stones were of the same texture, same weight, or with the same curling edge. Little wonder that the "shot-making" was so inconsistent. Today a great majority of Canadian curling clubs have matched curling stones of the same weight, composition and curling edge. Curlers can be reasonably assured that one stone will react in a similar fashion to another providing, of course, that it is delivered with the same "weight" and "turn".

Artificial Ice is Introduced

Not too long ago, the cold areas in Canada had a decided advantage in the sport of curling. It was here that curlers could use facilities provided by the environment - open air, natural ice conditions. In areas where the weather was generally warm throughout the year, the curling season was, indeed, short. As the number of active participants increased, its popularity also increased. As a result, curlers looked for some way to prolong the curling season. And so it is that many clubs turned to artificial ice. Today even the warmest of Canadian cities such as Toronto and Vancouver can enjoy year-round curling.

All we need do today is check the number of active curlers in North America to find how the popularity of the sport has grown. In Canada, conservative estimates indicate that there are presently nearly one-half a million active curlers.

Curling Popularity Increases

In 1961-62 there were 131,000 senior curlers in Canada and an estimated 35,000 high school curlers. In 1962-63, there were 134,000 senior curlers and 36,000 high school curlers. A quick mathematical calculation indicates a rapid increase of curlers in Canada from 1961 to 1963 and there appears to be no reason why this trend should not continue. There is evidence that larger urban centers are in the process of constructing new, modern curling rinks to accommodate the ever-increasing number of players.

Objectives

Generally speaking, objectives are similar in all sports. These consist of concerted efforts on the part of one or more individuals competing against another individual or individuals or some pre-determined standard. In most cases the object is to win. Vince Lombardi,

popular coach of the Green Bay Packers Football Club once said, "Winning isn't everything, but wanting to is". Most coaches like to inculcate this sort of attitude in their players. Curling coaches and players might do well to accept Lombardi's philosophy.

There is no bodily contact in curling. It is a game of skill, in many ways similar to chess, to lawn bowling, or to shuffleboard. Of all team sports curling is, very likely, one of the most gentlemanly of games for the play incorporates those qualities of friendly rivalry as no other sport can do. It is one of the few games where participants shake hands with members of the opposition before and after a game.

Following are some of the specific objectives of curling:

1. Development of physical coordination to some degree.
2. A development of a sound body and a sound mind; an ability to mix both physical and mental powers.
3. Gentlemanly conduct in a sport that can be played competitively, with male, female or mixed teams, or for the sheer enjoyment of the sport.
4. Participation in a sport that is not too costly to the student or to the community.

Curling Equipment

The equipment required in curling is very limited, and for this reason is of very great importance. All the equipment is the responsibility of each individual student, except brooms which can be rented for a small sum at the curling rink, or which can be purchased and rented out by the school. Briefly, here is the equipment required:

Apparel

1. Curlers should get in the habit of wearing slacks that do not constrict their movements on the ice. They may be ordinary slacks or special "stretchy" curling slacks.
2. Though many like to wear "curling boots" especially made for the sport, this is not essential. Ordinary shoes will suffice, if they meet the following requirements:
 - a. A "soft-stretchy-type" rubber with good gripping ability worn over the ordinary shoe. For right-handed players this

rubber is worn on the right foot and for left-handed players on the left foot.

- b. The left or the sliding shoe must have a hard sole and heel of neolite, leather, or a special plastic made especially for curling. It is most important that there are no protruding "shoe nails" in the sliding surface of the shoe. This precaution prevents damage to the ice surface.

FUNDAMENTALS OF A GOOD CURLING DELIVERY

No two curlers use exactly the same delivery. Some of our best curlers have been very successful with a most unorthodox style. By this we mean that some curlers are of the opinion that a short slide and a free delivery from the hack gives one the best results. A few curlers even go so far as to slide out on their knees and even their stomachs and manage to get the job done. These styles, though, are not recommended. Most of today's curlers use a long slide and vary their delivery technique according to the shot required. Whatever style you adopt, there are several things you must keep in mind.

First of all, do not try to copy another curler's style; adopt your own. The style you adopt should be one that makes you feel comfortable in all phases of the delivery; the preliminary position, the back swing, the slide, the release of the stone and the follow through.

With these things in mind, we can get into those fundamentals that are basic to curling. For the sake of expedience, our discussions will deal with the right-handed curler only. The same techniques apply to the left-handed curler as well, with the exception that the process is reversed.

The Pre-Delivery Position

1. Place your right foot in the left hack.
2. To shoot, sit down on the right heel, keeping your head up, body erect, and shoulders facing the broom squarely up the ice. Both knees should be in an easy crouch position. Move your left foot slightly forward to feel well placed and secure.
3. The diagram below will indicate to you how you grasp the broom for maximum control and efficiency.



4. Grasp the handle of the rock lightly and relax. Move rock a comfortable arm's length in front of you. Make it a habit to take a deep breath before the back swing and delivery. This will help you to relax and make it easier to concentrate on the shot about to be played.

The Grip

1. Hold the rock in such a way as NOT to encourage a push delivery. It is felt that one of the most accurate is a pendulum-type delivery. Again, let us say that although the pendulum-type of delivery has proven to be one most successful, other types of deliveries have given good results also. It is not imperative, though, that you use this type of a delivery in all fast take-out shots; but many curlers are of the opinion that a slight push could be adopted to an increasing degree as you move into the quieter take-out and draw shots. Perfect your own style, keeping in mind that your grip on the rock handle should be very gentle. As you are sliding out with a draw shot, you should be able to sense the weight you will have to throw by the feel of the stone on the ice and the soles of your sliding shoe on the ice.
2. There are two types of shots that each of us must master to some degree in curling and they are the in-turn and out-turn. First of all, the following diagram will show the directions these turns will take and how, and the initial position of the rocks in the pre-delivery stage.

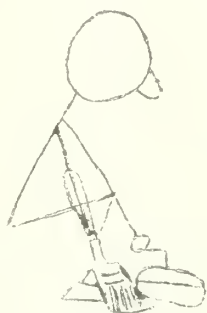


Diagram 1

This diagram shows the position of the curler in the hack before delivery.

For the in-turn, the handle should be slightly turned to the right as indicated. For the out-turn, the handle should be turned slightly to the left, up to as much as sixty degrees. Again, do some experimenting. Use the style that will give you the best possible results.

The Back Swing

As you acquire some of the basic fundamentals in curling, you will no doubt realize the importance of a good back swing--much as a pitcher does in baseball in his wind-up.



Diagram 2

Variation A of back-swing where curler uses a "pendulum" style delivery. Delivery momentum comes from height of backswing.



Diagram 3

Variation B, back-swing short and deliberate but push from hack is greater than in variation A.

1. Your back swing should be in line with the direction the stone will take.
2. It should be directly related to the weight you want to throw; generally speaking, the bigger the weight, the longer your back swing; the lighter the weight, the shorter your back swing. At the same time, keep in mind that our best curlers do not use the same back swing for all their shots. They control their weight by the length of their backswing and the amount of push they use from the hack. Do not, at any time exaggerate the backswing--this will always get you in trouble. Develop a true, unhurried, and

rhythmical swing without pushes or sudden twists of the handle. Do not lean forward, wiggle, waggle, or aim at your target. Always remember that when you start your pendulum delivery, it should be in a direct line with the broom. On the back swing you draw the stone back slowly with the fingers as you elevate the body. The left foot moves slightly sideways and back to counter-balance the weight of the stone. Avoid changing position of the head and shoulders in any direction except in an upward, slightly back, and then a directly forward motion towards the broom held by the skip at the other end of the ice. The rock is lifted by tips of the fingers, the thumb resting lightly on the top left-hand side of the handle or what we call a goose-neck. Your eyes must be glued on the broom throughout the motion. The weight of the body is completely concentrated on the right leg throughout the back swing.

The Delivery

In the delivery, the most important thing is to keep your eyes on the broom and to concentrate on the weight that you are going to play. Never doubt your ability to make a shot. Always approach your shots with a positive attitude; say to yourself, "I can make this shot." As you begin your delivery from the hack, practice a free-and-easy delivery in such a way that the following fundamentals will be adhered to.

1. Do not ride the broom, but use it as a sort of rudder or a guide to your slide. Some prefer holding the broom completely off the ice. You can develop your own style with some perseverance and patience; both styles have obvious advantages and disadvantages.

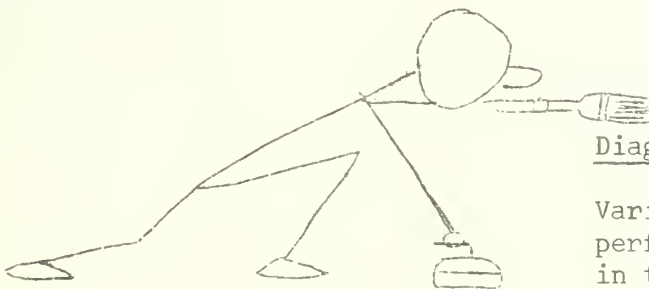


Diagram 4

Variation A exhibits perfect balance by the curler in that the broom does not touch the ice until the delivery is complete. Very few curlers have mastered this technique.

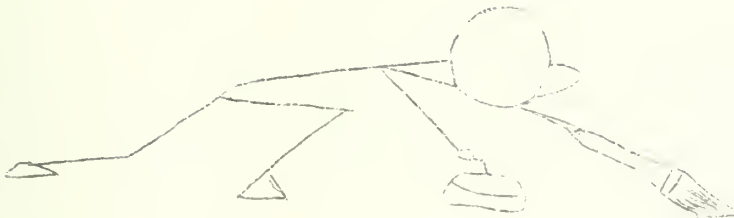


Diagram 5

Variation B is the most common style of delivery. The broom is used to counter-balance the trailing right foot and lightly "rides" the ice throughout the delivery.

2. Concentrate on sliding directly at the broom.
3. Begin imparting the turn of your stone as soon as you begin your slide. Finish it up with a smooth upward flourish. Do not spin your stone or put a sudden turn on it. Without doubt, this is the most important part of your game. Perfection requires many hours of practice.

The Forward Swing

When you have completed your back swing, concentrate on sliding directly at the broom. Swing your rock ahead of the body so that, when it touches the ice, your arm is stretched forward and ahead of you. Stay behind the stone. Avoid taking the stone under your arm, riding it. Keep that right leg stretched directly behind you and use it to keep your slide accurate and "straight up the handle."

The Follow Through

There are at least four very common faults that will cause you to miss the broom:

1. Twisting the handle.
2. Suddenly pushing the stone.
3. Starting your back swing off line.
4. Taking your eye off the broom during any part of the delivery.

When you are delivering a stone, avoid looking at the stone your skip wants you to remove as this will tend to make you deliver the stone in that direction. The same applies to a draw. Always concentrate on the weight and on delivering the stone directly at the broom. It will do you good to always say to yourself, "I must concentrate, concentrate, concentrate on the broom." Remember, it is always easier and safer to play "normal takeout" or "quiet takeout" than a "running game." Learn to control the weight and direction of your stones through good teamwork in sweeping.

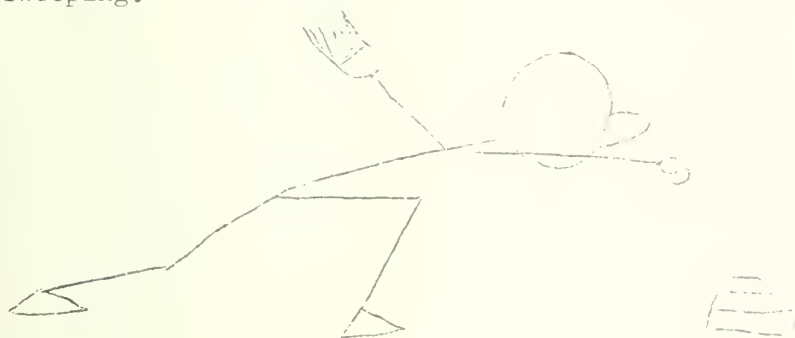


Diagram 6

Note that the curler does not flop on the ice upon completion of the delivery but follows through smoothly so that the delivery is "straight up the handle."

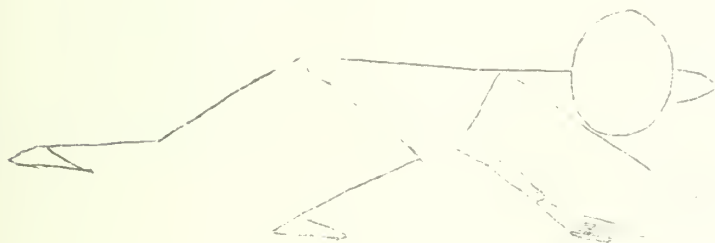


Diagram 6 (a)

Upon completion of the delivery the curler must come to a full stop before reaching the hog line. In order that the curler do this, he may have to put his delivery hand on the ice to break his slide.

Mental Attitude

No matter what sport you participate in, your mental attitude is of prime importance. In fact, the proper mental attitude in the game of curling is probably one of the most important assets you can develop. This coupled with a knowledge of basic fundamentals of curling and you have the two basic ingredients of a good curler. Develop an attitude of keen participation, good sportsmanship, and a willingness to uphold those unwritten, gentlemanly rules of curling. Your attitude towards your teammates should be one of encouragement, of team spirit. And most important, your mental attitude towards a particular shot you must make should be a positive one. Never say to yourself "I cannot make this shot," or "this shot is too difficult

for me," but take a positive attitude: "I can do it," an attitude that will best help you to make both routine and difficult shots.



Diagram 7

This diagram illustrates one way a broom can be held in order that a sweeper develops the proper style. Other variations are used but this is the most efficient and the most common one.

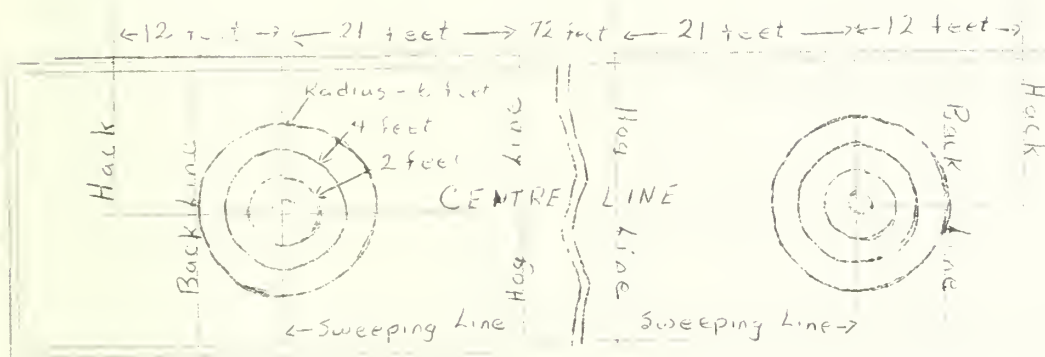


Diagram 8

Indicates how a skip should hold his broom so that a curler delivering a stone may do so right up the middle of the skip's body.

Diagram to be drawn on the Ice and referred to throughout the Rules as

'THE RINK'



Directions

1. The Tees shall be 114 feet apart.
2. Around each Tee draw a circle having a radius of 6 feet.
(Inner circles may also be drawn.)
3. In alignment with the Tees, centre lines shall be drawn from Hog lines to points 12 feet behind each Tee.
4. Draw lines across the Rink at right angles to the centre line, viz:
 - a. Hack Line - 18 inches in length, (9 inches on each side of centre line) 12 feet behind each Tee
 - b. The Back Line - behind and just touching the outside of each outer circle
 - c. The Sweeping Line - across each outer circle and through each Tee
 - d. The Hog Line - distant from the Tee or sweeping line, 21 feet.

Diagram and rules courtesy Dominion Curling Association.

RULES

While the main object of matches between clubs is to determine their relative skill in the game it should ever be borne in mind that the ultimate object of Curling is to develop a manly recreation and to promote goodwill, kindly feeling and honorable conduct among those who take part in it, and this sentiment should influence both the interpretation and the application of all rules.*



*The Dominion Curling Association, Curling, The Rink and Rules of the Game, 1964.

THE RINK AND RULES

1. The length of the rink from the hack to the tee shall be 126 feet.
2. The tees shall be 114 feet apart -- and, with the tees as centres having a radius of 6 feet -- a circle shall be drawn, -- additional inner circles having a radius of 4 feet, 2 feet and 6 inches may also be drawn.
3. From and in exact alignment with both tees, a line called the centre line shall be drawn to a point 12 feet behind each tee. At this point, lines of 1 foot 6 inches in length shall be drawn at right angles to the centre line on which a hack shall be cut or made. The hack shall not exceed 8 inches in length, the inner edges of such hack shall not be more than 3 inches from the centre line, so that all stones shall be delivered with their centre upon the centre line.

Standard molded rubber curling hacks and cast iron cups used to install the rubber hack are recommended for use in all curling clubs.

The hack shall be of such depth and width to permit the insertion of the Dominion Curling Association standard rubber hack.

The upright wooden back of the hack, if possible, should be flush with the ice surface.

4. Other lines shall be drawn across the rink at right angles to the centre lines as in the diagram viz:
 - a. a "Hog Line" distant from each tee, one-sixth part of the distance between the "Footline" and the farther tee.
 - b. a "Sweeping Line" across each six-foot circle and through each tee.
 - c. a "Back Line" behind and just touching outside each six foot circle.

NOTE: In forming rinks the Diagram shall be referred to.

5. All curling stones shall be of a circular shape. No stone including handle and bolt shall exceed 44 lbs. or of greater circumference than 36 inches, or of less height than 1/8 part of its greatest circumference.

6. No stone shall be substituted for another (except under Rule 7 or Rule 17) after a match has started, but the sole of a stone may be reversed at any time during a match, provided the player be ready to play when his turn comes.
7. Should a stone be broken, the largest fragment shall be counted for the end--the player being entitled to use another stone or another pair, during the remainder of the match.
8. Any stone which rolls over, or comes to rest on its side or top, shall be removed from play.
9. Should the handle quit the stone in delivery, the player must keep hold of it, otherwise he shall not be entitled to replay the shot.
10. Every stone which does not clear the "Hog Line" shall be called a "hog" and shall be removed from play, but no stone shall be considered a "hog" which has struck another stone lying in position. A stone coming to rest after passing the "back line" and being clear of it must be removed from the ice.
11. All matches shall be of a certain number of "ends" or "shots" or "by time" as may be agreed on or as fixed by an umpire at an outset. In the event of competitors being equal, play must be continued by all the rinks engaged for one or more ends as may be agreed on, as may be "fixed" by the umpire until the match has been decided.
12. Every rink of players shall be composed of four-a-side, each player using two stones, and playing each stone alternately with his opponent. No player shall wear boots, tramps, or sandals with spikes or other contrivance which may break or damage the surface of the ice. The rotation of play observed during the first end of the match or game or competition shall not be changed. Any rink not having its full complement of four players shall be disqualified, except in the case of illness or accident during the competition. If the skip, the vice-skip or the second player is absent, the lead shall play four stones in the proper rotation as lead and second player. If the lead is absent, the second player shall play four stones in the proper rotation as lead and second player. Thus, no rink may continue play with less than three players, and no sweeper will be allowed.
13. The skips opposing each other shall settle by lot or in any other way they may agree upon, which party shall lead at the first end, after which the winners of the preceding end including extra ends, if any, shall do so.

14. The skip shall have the exclusive direction and control of the game for his rink, and may play last stone, or any position in the game he pleases, but he shall not be entitled to change his position when that has been fixed. When his turn to play comes, he shall select one of his players to act as skip in his place, and take the position of an ordinary player. No other player may act as skip except the one so designated at the start of the match. The skip may return to the tee for brief consultation with the acting skip. Any consultation or discussion by the skip, other than with his vice-skip shall not be conducted in or behind the rings.
15. Players during the course of each end shall be arranged along the sides, but well off the centre of the rink, as the skips may direct; and no one except the playing party and his sweepers, shall go upon the centre of the rink, as the skips may direct. Skips and/or vice-skips may stand within the circle. The skip of the playing party shall have the choice of place, and shall not be obstructed by the other skip or vice-skip in front of or behind the sweeping line, but behind the sweeping line the privileges of both shall be equal. No other player than the skips acting for the time being may stand behind the circle while play is proceeding.
16. (Amended portion of DCA covering delivery of rock. Each player must play from the hack, and in the delivery of the stone no part of the curler's body or his equipment shall go beyond the nearest hog line during the uninterrupted motion in the delivery of the stone. That is, a curler in the act of delivering a stone must come to a complete stop before any part of the body or equipment reaches the nearest hog line, nor shall the curler be permitted to leap over, slide over on to the other foot, or even to put his hand over to check his slide.) Left-handed players shall play from the hack placed on the right-hand side of the centre line and right-handed players shall play from the hack placed on the left-hand side of the centre line.

Stones delivered from the wrong hack (or by a player any part of whose foot on which he is sliding shall have touched the nearest hog line) shall be removed from play by the playing side immediately after the player has delivered his stone. However, if the stone so played has come to rest or struck another stone, the played stone shall be removed and the displaced stone or stones be placed as nearly as possible where they originally were to the satisfaction of the opposing skip. Both skips should agree upon the position, but failing agreement the umpire shall decide. No player may hold his stone, and return to the hack for another delivery, once the stone has crossed the nearest sweeping line; in the event of an infraction, the stone shall be removed from the ice by the playing side.

17. Each player must be ready to play when his turn comes and must not take more than a reasonable time to play. Should a player play a stone belonging to the other side the stone which ought to have been played shall be put in its place.
18. If a player should play out of his turn the stone so played may be stopped in its progress and returned to the player. Should the mistake not be discovered until after the stone has come to rest or has struck another stone the end shall be continued as if it has been played properly from the beginning, but the missed stone shall be played by the player missing his turn as the last stone from his side for that end. If after consultation with the rinks and the umpire or a neutral curler thoroughly conversant with the rules, it has been agreed that a stone has been missed and it is impossible to decide which player has missed playing the stone, the lead shall play the last stone for his side for that end.
19. The sweeping shall be under the direction and control of the skips. The player's party may sweep the ice from the sweeping line next to the player playing to the sweeping line at the other end and any stone set in motion by a played stone may be swept by the party to which it belongs in front of the sweeping line but behind the sweeping line both skips shall have equal rights as per Rule 15. Only the skip or vice-skip of each rink directing play at the time shall be allowed to sweep behind the sweeping line. When snow is falling or drifting the player's party may sweep the ice from hack to hack. The sweeping shall always be to a side and all sweepings shall be removed from the rink. At the conclusion of the end, either of the skips may call upon all players to clean and sweep the entire rink. If objected to, this shall be subject to the approval of the umpire.
20. (a) If, in sweeping or otherwise, the course of a running stone be affected by any of the party to which it belongs, it shall be removed from play, by the playing side; but if any of the adverse party, shall be placed where the skip of the party to which it belongs shall direct. Should the position of any stones be altered by such affected stone the skip opposed to the party at fault shall have the sole right to replace them.

(b) Should any played stone be displaced before the end is reckoned, it shall be placed as nearly as possible where it lay, to the satisfaction of the skip opposed to the party displacing. If displaced by any other party, both skips should agree upon the position to which it is to be returned, but if they do not agree, the umpire shall decide.

21. All games shall be decided by a majority of shots or points. A rink shall score one shot or point for every stone which is nearer the tee than any stone of the opposing rink. Every stone which is not outside the outer circle shall be eligible to count. All measurements shall be taken from the tee to the nearest part of the stone. Disputed shots shall be determined by the acting skips; if they disagree by the umpire; or when there is no umpire, by a neutral curler chosen by the skips. No measuring of the stones shall be allowed previous to the termination of the end except by the umpire when necessary for the umpire to decide whether or not a stone is alive.
22. On appeal from any competing skip, in any competition the umpire or the committee appointed for the purpose shall have the right to declare whether or not the ice is playable. In every case of postponement to another day the match, game or competition when renewed must commence "de novo".

DEFINITIONS OF CURLING TERMS

Pebble - Following each game, it is the responsibility of the curling staff to sprinkle the ice with a spray of water from a sprinkler-can to a degree that is best suited to the type of rink, the condition of the ice, and the finish desirable. As this pebble freezes, it leaves the surface in a condition most suitable for putting curl on stones and making it easier for the stone to pass over the ice.

Foul - A stone that has been illegally delivered in keeping with the latest rules passed by the Dominion Curling Association in which a player unconsciously steps over the hog line or without coming to a complete stop or by releasing the stone and attempting to deliver it a second time.

In-Turn - A turn imparted to a curling rock so that the rock will turn in a clockwise direction.

Out-Turn - A turn imparted to a stone so that a rock will turn in a counter-clockwise direction.

Broomed-stone - It is a stone that has been struck by an offensive player in the process of sweeping in front of it. The stone consequently becomes dead and should it not be removed in time, any rocks that it has come in contact with must be replaced in their original position to the satisfaction of both skips.

Runner - The stone that is thrown with more speed and force than is desirable in a standard curling game; used just to keep the front of the house clear.

Spring-shot - A shot used to remove two stones; one of which may be buried, the position of the rock being such that a curlier must throw his stone with a considerable amount of weight.

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